

## Scrapbooking a Lifebook

If you haven't started a lifebook for your child yet, perhaps it is because you're still trying to decide on a format or style. One option to consider is that of a typical scrapbook. The scrapbooking industry is still going strong right now, and thanks to a few online businesses, the supplies are plentiful for adoption scrapbooks and lifebooks.

With digital scrapbooking becoming more and more popular, there are many things you can do right on your own computer. I think that computer journaling, especially on vellum, has to be one of my favorite methods of documenting details of my kids' adoption journeys. A couple of things to keep in mind when using the computer to journal:

1. Make sure that the paper you print on is free of acid and lignin. Here is an article from HP's website about printing on different papers: [http://h30039.www3.hp.com/scrapbooking/articles\\_howtos/beyond\\_plain\\_paper.asp](http://h30039.www3.hp.com/scrapbooking/articles_howtos/beyond_plain_paper.asp)
2. Don't forget that at least on one page per album it is nice to see an example of your own handwriting in the journaling. (Some people don't like their own handwriting, but I've seen many references that suggest viewing another person's handwriting is much more personal and endearing.)

One thing to consider when doing a lifebook, even if your scrapbooking page size standard is 12"x12", is the 8.5"x11" (or even smaller) album. Although it is not absolutely necessary, two reasons for using a smaller size are 1) the greater ease with which young children can handle the album and 2) the affordability of page reproductions. Page reproductions? Yes! One of the basic tips of lifebook creation is that a copy be made that can be kept with the child's belongings. It can be photocopies of the original scrapbook pages, or for digital scrappers, it simply means printing out a second copy! Album size is a very personal decision though, so it is perfectly fine to scrap in 12x12 pages if that is what you prefer. :)

If you've been wanting to start (or finish) a lifebook but need some motivation, don't hesitate to ask!

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*Written by Jennifer Demar, adoptive parent of two and owner of [www.scrapandtell.com](http://www.scrapandtell.com), an online store specializing in adoption scrapbooking supplies and multi-cultural products perfect for lifebooks. With a layouts section too!*